

PopSpring Wellness Incentive Points Program Overview



PopSpring Welcomes You to Wellness!

The PopSpring Wellness Incentive Points Program is a unique wellness program that encourages engagement and participation throughout the year! Please see below for a sample of health activities that you can complete to earn your incentive and required **150 points each quarter!**

Quarter 1 (Q1) - Requirements to earn points

- 50 points:** Complete Health Risk Assessment (HRA)
- 50 points:** Complete Wellness Screening (labs and biometrics)
- 50 points:** Complete Online Tobacco Affidavit



Quarterly (Q2-Q4) - Available points to earn each quarter

- 75 points:** Be tobacco free as indicated in the Tobacco Affidavit OR submit new results from doctor OR complete smoking cessation program
- 25 points:** Have Blood Sugar/Glucose of 100 mg/dL or less from Wellness Screening OR submit new results*
- 25 points:** Have a Total Cholesterol of 200 mg/dL or less from Wellness Screening OR submit new results*
- 25 points:** Have a BMI of 30 or less from Wellness Screening OR submit new results*
- 25 points:** Have a Blood Pressure of 130/90 or less from Wellness Screening OR submit new results*
- 50 points:** Participate in Health Coaching and Set Goal with Health Coach
- 25 points:** Complete a Digital Health Coaching Module (without a Health Coach)
- 50 points:** Complete one Digital Health Coaching Module with a Health Coach
- 25 points:** Record Food and Review with Health Coach
- 25 points:** Log 30 minutes of exercise 3 times a week for 4 weeks
- 25 points:** Complete an online Wellness Challenge (e.g., Whole Grains Challenge)
- 25 points:** Participate in a community run/walk and fax proof of participation to a Wellness Navigator (888-977-3280) with Name, Event Date and Event Form
- 25 points:** Donate blood and submit proof of participation to a Wellness Navigator
- 15 points:** Complete an Online Educational Module
- 10 points:** Complete Trivia Challenge (Earn 2 points/game, complete 5 challenges for 10 points max/quarter)
- 25 points:** Attend an onsite Wellness Education Session (Please note: Your employer may choose not to offer this goal)

Annually - Available to complete 1x per year

- 25 points:** Review Comprehensive Member Report with Health Coach telephonically or onsite
- 25 points:** Get a Wellness Check-Up*
- 25 points:** Complete a Routine Dental Exam*
- 25 points:** Get a Flu Shot*



*If your biometric values are not within range you may be eligible for an alternate means to qualify for your incentive. Please contact a Wellness Navigator for more information. Depending on if PopSpring receives claims information for your company, you may have to submit the **Preventive Services Form** to earn points for the incentive of receiving a flu shot and getting a wellness checkup. You may also choose to submit this form if you want to ensure you receive points by a certain time. For earning points for completing a dental exam, *you will need to submit this form.*

Have questions? Call a Wellness Navigator at 855-699-4445

Monday - Friday from 7:00am-1:00am CST & Saturday 8:00am-5:00pm CST.